

# Utah: Burden of Chronic Diseases, 1996

## Cardiovascular Diseases

- Cardiovascular diseases were the most common cause of death in Utah in 1996, accounting for 4,017 deaths, or 36% of all deaths.
- Ischemic heart disease accounted for 1,654 deaths, or 15% of all deaths.
- Stroke was the cause of 844 deaths.

## Cancer

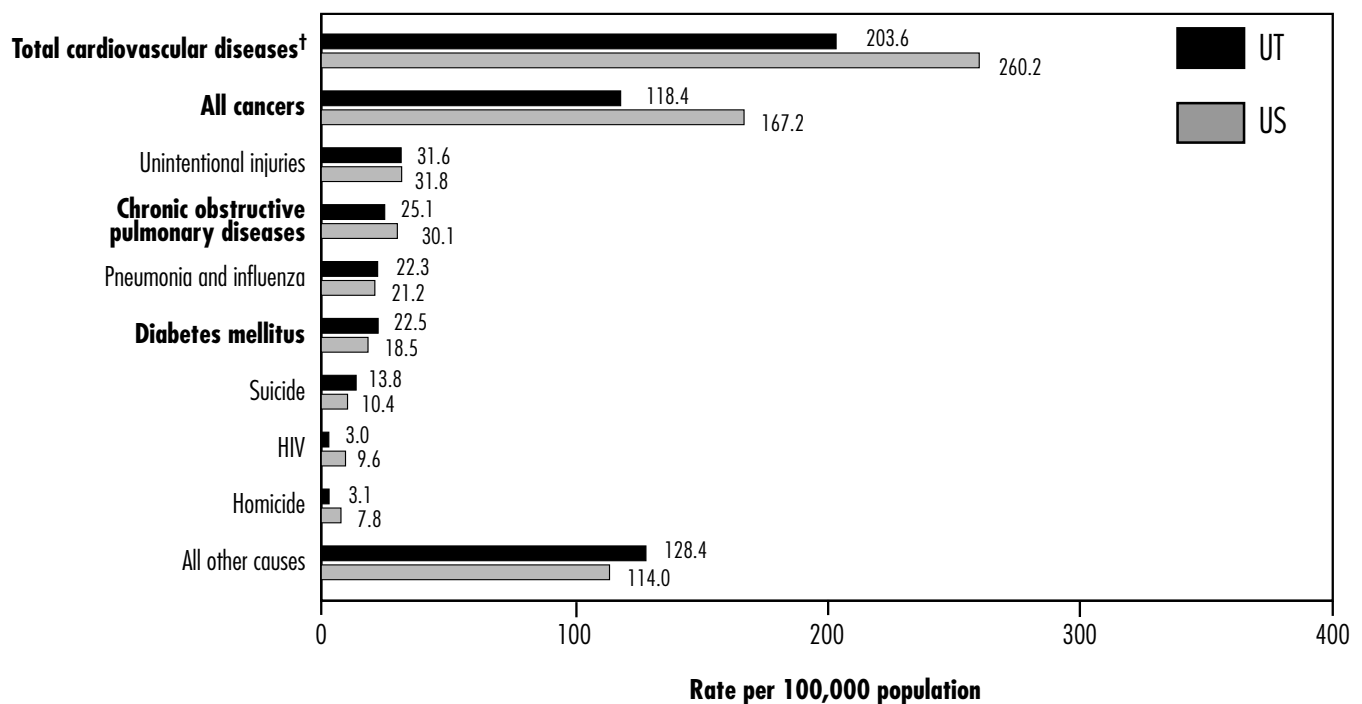
- Cancer accounted for 19% of all deaths in Utah in 1996.
- The American Cancer Society estimates that 5,200 new cases of cancer will be diagnosed in Utah in 1999, including 400 new cases of lung cancer, 600 new cases of colorectal cancer, 1,100 new cases of prostate cancer, and 800 new cases of breast cancer in women.

- The American Cancer Society estimates that 2,400 Utah residents will die of cancer in 1999.

## Diabetes

- In 1996, 47,193 adults in Utah had diagnosed diabetes.
- Of all states, Utah residents had the eighth highest rate of death due to diabetes.
- Diabetes was the underlying cause of 418 deaths and a contributing cause of an additional 517 deaths.
- Rates of death from diabetes were 92% higher among Hispanics than among whites.

## Causes of Death, Utah Compared With United States, 1996\*



\*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (86.2 per 100,000 in Utah and 131.0 per 100,000 in the United States) and rates of death due to stroke (41.0 per 100,000 in Utah and 42.0 per 100,000 in the United States).

# Utah: Risk Factors and Preventive Services, 1997 and 1998

## Risk Factors Among Adults

- In 1998, 19% of Hispanics and 14% of whites in Utah reported current cigarette smoking.
- No leisure-time physical activity was reported by 26% of Hispanics and 17% of whites.
- Seventy-eight percent of men and 70% of women reported eating fewer than five servings of fruits and vegetables per day.
- According to self-reported height and weight, 57% of men and 42% of women were overweight.

## Risk Factors Among High School Students

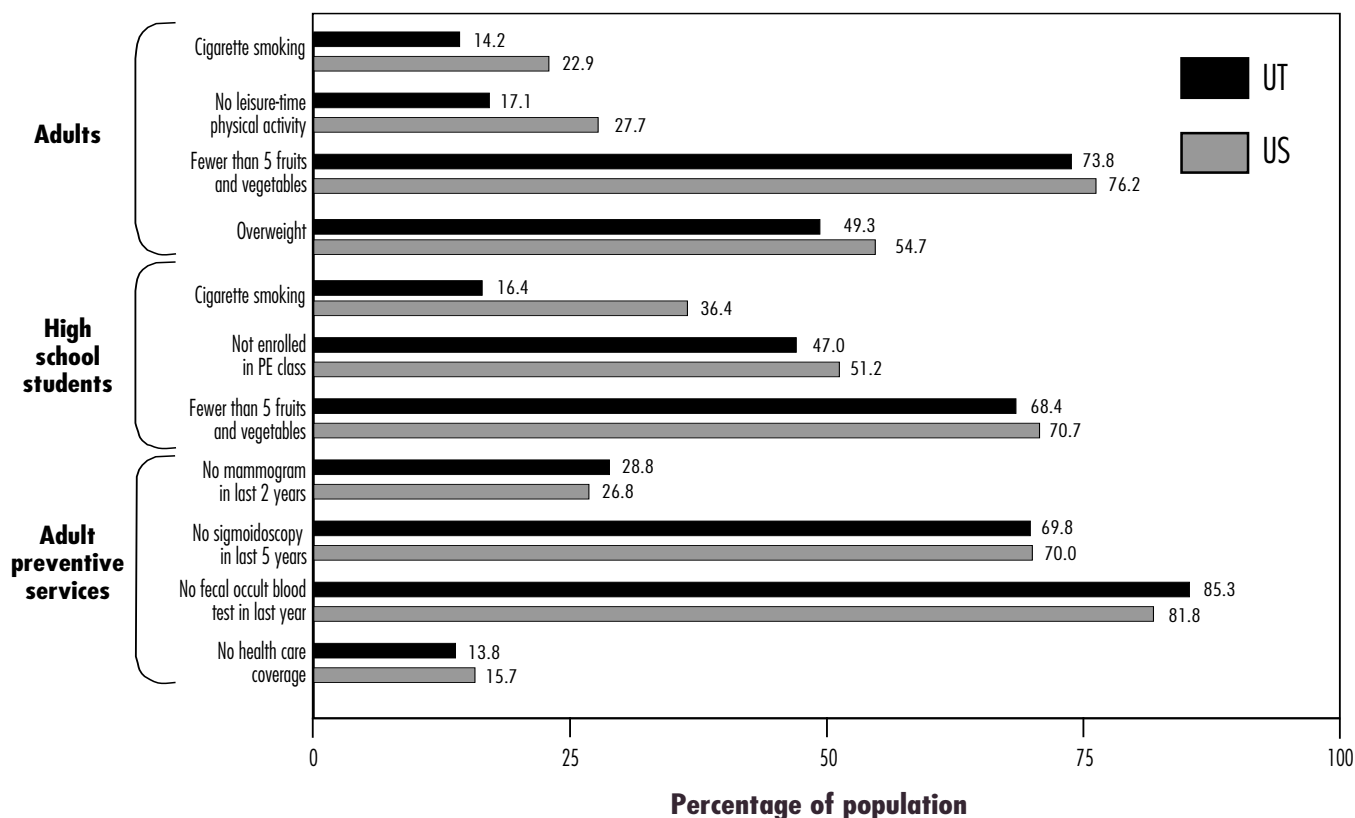
- In 1997, almost 15% of both male and female students in Utah reported smoking cigarettes.
- Not being enrolled in physical education classes was reported by 54% of female and 41% of male students.

- Eating fewer than five servings of fruits and vegetables per day was reported by 72% of female and 65% of male students.

## Preventive Services

- Of all states, Utah had the tenth highest percentage of women aged 50 years or older who reported not having had a mammogram within the last 2 years.
- Among adults aged 50 years or older, 75% of women and 62% of men reported not having had a sigmoidoscopy within the last 5 years.
- Eighty-five percent of men and women aged 50 years or older reported not having had a fecal occult blood test within the last year.
- Among adults aged 18–64 years, no health care coverage was reported by 28% of Hispanics, compared with 13% of whites.

## Risk Factors and Preventive Services, Utah Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.  
CDC, Youth Risk Behavior Surveillance System, 1997.